

2019 Aussie Pursuit Mini-Sprints

The Comox Valley Triathlon Club and Pace Multisport is proposing to run five Aussie Pursuit Mini-Sprint workouts this year, the first four probably at the Comox Lake public beach. The last one might be run out of the Comox Base so we could take advantage of the great pool facility there. Specific dates proposed are Wednesdays after work on May 29, June 26, July 31, August 28 and Sept 25. These are very much intended to be low-key, grass root type of events, basically a fun workout. Everyone is welcome, Triclub members and non-members, all ages, genders, and abilities. Maybe best of all, it's FREE (though donations will be very appreciated).

An Aussie Pursuit is a workout or race where athletes are handicapped by age, so that the youngest athletes have to chase the older athletes. This could be a ton of fun for all age groups and genders. Imagine the excitement of trying to catch older athletes who are given a head start on the swim, while trying to keep your own age groupers in mind. Older age groups will be equally motivated to keep the younger groups at bay. The focus is on off-road to promote off-road triathlons, but there is a road bike option too.

Start times would be 6:00 PM sharp, so show up in time to sign on at the covered picnic table down by the beach, sign a waiver, get your number and set up in transition. The first swimmer would start at 6:00 PM, while the last could start as late as 6:20 pm, all depending on the age differences of the athletes. We think that everyone should finish reasonably close to each other, around 7-7:15 PM. Post-race socializing (e.g. at the "Wave") will be strongly encouraged.

The workout is a 350-400 m swim, followed by a 9.4 km mountain bike ride from the Comox Lake transition area out Comox Lake Road to two popular local mountain bike trails (Bugged Pig, Bronco's Perseverance) and back, then a 2.5 km run back on the Comox Lake Park trails. This should basically be something a competitive triathlete could complete in 45 minutes. The first swimmers would start at 6:00 pm with the youngest starting no later than 6:20 pm, unless we have 70+ old women in which case the last athletes would start at 6:30 pm.

A 14.5 km road bike course will also be available that will hopefully require the same amount of time to complete as the mountain bike course, all things being equal. This is to encourage participation by both types of athletes, and to provide the opportunity for those who haven't road or mountain biked to try the other bike. For those new to open-water swimming, we will try to have volunteers who would be "swim angels" to go with you.

Table 1 summarizes the proposed start times by age group and gender for the May 28 2019 Aussie Pursuit mini-sprint workout. We also plan to time every leg of the workout from start to finish so you can see your transition and split times in each workout and over the season. A few extra "rules" to make the whole thing more interesting are:

- Beginners (with 0-1 previous triathlons) start with next older age group,
- Anyone winning their age category moves up to the next younger age group in next workout,
- Anyone finishing in the top 3 overall will move up two age groups in next workout (if possible).

Table 1. May 29 2019 Comox Lake mini-sprint start times by age group and gender.

Gender/Age	Start Times
Women 70+	6:00:00 PM
Men 70+	6:09:00 PM
Women 60+	6:09:00 PM
Men 60+	6:14:00 PM
Women 50+	6:14:00 PM
Men 50+	6:17:00 PM
Women 40+	6:17:00 PM
Men 40+	6:19:00 PM
Women 20+, 30+	6:19:00 PM
Men 30+	6:20:00 PM
Men 20+	6:20:30 PM



Figure 1. May 29 2019 Aussie Pursuit Mini-Sprint swim course (375 m), transition area and trail run (2.5 km) course. The swim and trail runs are clockwise.

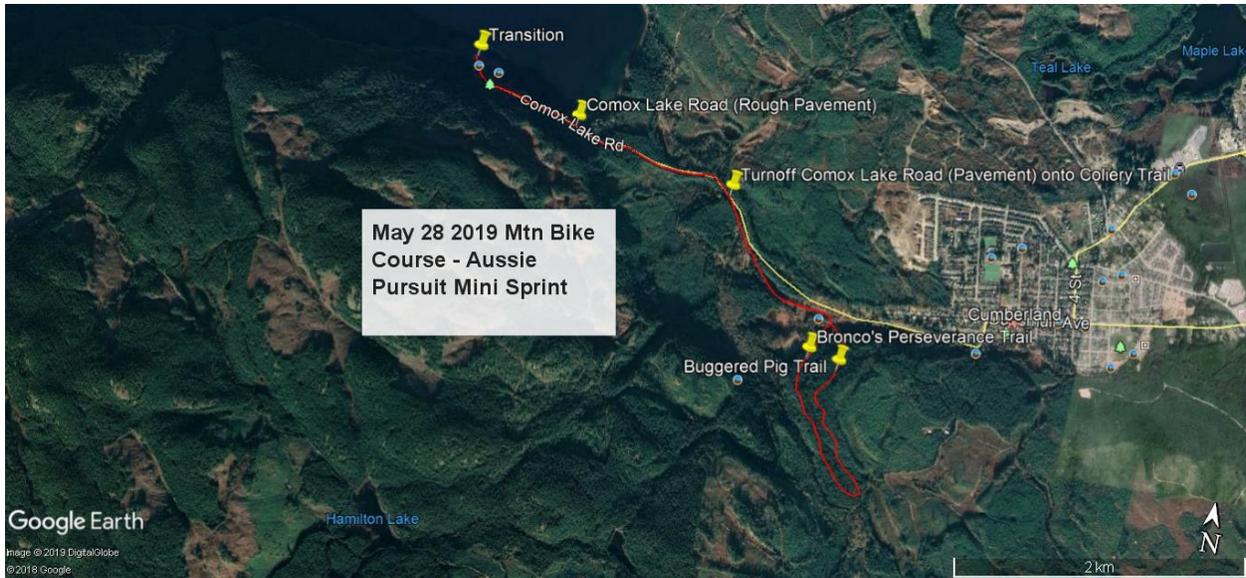


Figure 2. May 29 2019 Aussie Pursuit Mini-Sprint mountain bike course (9.4 km).



Figure 3. May 29, 2019 Aussie Pursuit Mini-Sprint road bike course (14.5 km). Riders ride out to the second turn-around two times.